

Healthy Lifestyle and Physical Activity

Healthy Lifestyle

It is the goal of the Lake Pend Oreille School District to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The Lake Pend Oreille School District promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our schools contribute to the basic health status of children. Improved health optimizes student performance potential. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the Lake Pend Oreille School Board to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that fundraising food sales, student stores and parties for students which are held during school hours will not be in competition with the National breakfast or lunch programs. The District operates under program regulations of the National School Lunch, National School Breakfast and National After School Snack programs.
3. Support and promote proper dietary habits contributing to students' health status and academic performance. Wholesome foods produced in Idaho should be available and actively promoted in a healthy school environment. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Encourage all staff to focus on the Dietary Guidelines for Americans.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
6. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health and food services;
7. Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
8. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

9. Regularly evaluate the effectiveness of the healthy lifestyles policy in promoting healthy eating and change the program as appropriate to increase its effectiveness.

PHYSICAL ACTIVITY

Physical Activity Goals:

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities including: physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component and physical activity breaks within regular classrooms.

Physical Education (P.E.) K-12

Lake Pend Oreille School District students in grades K-12 will be provided opportunities to participate in physical education for elementary, middle, and high school students during the school year. All physical education should be taught by a certified physical education teacher. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. We encourage classroom teacher led physical activities in conjunction with physical education classes.

Instruction Program Design: Schools should establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum should be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives. The physical education program should:

1. Emphasize knowledge and skills for a lifetime of regular physical activity;
2. Be consistent with the Idaho Content Standards for physical education and with national standards that define what students should know and be able to do;
3. Provide many different physical activity choices;
4. Feature cooperative as well as competitive games;
5. Meet the needs of all students, especially those who are not athletically gifted;
6. Take into account gender and cultural differences in students' interests;
7. Teach self-management skills as well as movement skills;
8. Actively teach cooperation, fair play, and responsible participation in physical activity;
9. Have appropriate student/teacher ratios comparable to those in other curricular areas;
10. Promote participation in physical activity outside of school;
11. Focus, at the high school level, on helping adolescents make the transition to an active adult lifestyle; and
12. Be an enjoyable experience for students.

Teachers should aim to develop students' self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. Physical Education staff should not order performance of physical activity as a form of discipline.

or punishment.

Suitably adapted Physical Education should be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities.

Educational Reinforcement: The physical education program should be closely coordinated with the other components of the overall school health program. Physical Education topics should be integrated within other curricular areas. In particular, the benefits of being physically active should be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.

The physical education program should actively engage families as partners in their children's education and collaborate with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.

Assessment: All students should be regularly assessed for attainment of Physical Education learning objectives. Students who obtain credit through alternative means should be assessed by certified physical education teachers by approved fitness test standards such as heart rate monitoring.

Daily Recess: All elementary school students should have daily supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. The district encourages individual schools to review lunch procedures to identify areas of best practices that support nutritional and fitness values.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity.

Physical Activity Opportunities Before and After School:

Elementary, middle, and high schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs whenever appropriate. High schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools should encourage a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. We support and encourage physical activities such as skiing programs, jogging clubs, Jump for Heart, Hoops for Heart, Elk's Hoop Shoot as well as many other physical activity ideas.

Extracurricular Physical Activities: Intramural programs, physical activity clubs, and interscholastic athletics are valuable supplements to a student's education. Schools should endeavor to provide every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests, and abilities. A diverse selection of competitive and noncompetitive, structured and unstructured activities should be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programs will be on facilitating participation by all interested students, regardless of their athletic ability. Equal opportunity on the basis of gender should permeate all aspects of program design and implementation. School leaders will endeavor to accommodate home-schooled children in extracurricular activities on a budget-neutral basis.

Each extracurricular physical activity program sponsored by in-school organizations shall be approved by the administration of Lake Pend Oreille School District and be supervised by a faculty advisor. They shall not interfere with the regular school schedule.

Safe Routes to School:

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours:

Although school activities and maintenance come first, school spaces and facilities should be available, to the best of our ability, to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Legal Reference: Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

**BOARD POLICY
NONINSTRUCTIONAL OPERATIONS****8210****Title: District Nutrition Committee**

With the purposes of monitoring the implementation of the District's wellness policies, evaluating policy progress, serving as a resource to school sites, and revising the policies as necessary, a District-wide nutrition committee is hereby established to develop, implement, monitor and review district-wide nutrition and physical activity policies. The Board specifically acknowledges that community participation is essential to the development and implementation of successful school wellness policies. Following initial development, the committee would meet a minimum of three times annually for continued assessment.

Committee membership should consist of:

- District Child Nutrition Director
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

Appointments to the Committee will be made by the school district administration.

Development

To help with development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level by the nutrition committee to identify and prioritize needs.

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the school district superintendent or designee.

School foodservice staff, at the school or district level, will also ensure compliance with nutrition policies within school foodservice areas and will report on this matter to the Superintendent or designee. The superintendent or designee will develop a summary report every two years on district-wide compliance with the district's established nutrition and physical activity wellness policies based on input from schools within the district. That report will be provided to the school board and may also be distributed to school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Legal Reference: Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

Child Nutrition

The District supports the philosophy of the National School Lunch and Breakfast Programs and shall provide wholesome, appetizing and nutritious meals for children in the District's schools. Because of potential liability to the District, the food services program shall not accept donations of food without the approval of the Director of Child Nutrition. Should the Board approve a food donation, the Director of Child Nutrition shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school meals.

Commodities

The District shall use food commodities made available under the Federal Food Commodity Program for school meals.

Qualifications of School Foodservice Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a child nutrition program, continuing professional development opportunities may be provided to select District nutrition professionals. These development programs should include appropriate certification and/or training programs for child nutrition directors, child nutrition program coordinators, and child nutrition program assistants, according to their levels of responsibility.

Free and Reduced Price Food Services

The District shall provide free and reduced price meals to students according to the terms of the National School Lunch and Breakfast Programs and the laws, rules and regulations of the state. The District shall inform parents of the eligibility standards for free or reduced price meals. Identity of students receiving free or reduced price meals will be confidential in accordance with the guidelines for the National School Lunch and Breakfast Programs. A parent has the right to appeal any decision with respect to his/her application for free or reduced price food services to a designated hearing official.

Summer Food Service Program

The district will support the operation of a summer child nutrition program in areas approved by the State Department of Education as eligible if participation warrants services. The Child Nutrition Director will oversee all facets of the Summer Food Program. When possible, the Summer Food Program will run for at least six weeks between the last day of school and the first day of the following school year.

Food Service for District Employees

District employees may purchase meals through the District's food service program. With the exception of Child Nutrition Staff, district employees shall not receive any free or reduced meal through the District's food service program. Any free or reduced meal to an employee will be considered a taxable fringe benefit to the employee receiving the free or reduced meal. This

taxable fringe benefit will be in addition to the employee's salary and will be reported on the individual employee's W-4.

Legal Reference: 42 U.S.C. 1751 et seq. National School Lunch Act

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

District Nutrition Standards

The District shall provide school meals which meet or exceed the nutritional standards required by state and federal school lunch programs. These standards should be regulated by the Director of Child Nutrition. Also, the district strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food and beverages on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

- **Nutrient Dense Foods Encouraged.**

The consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables will be strongly encouraged.

- **Fat Content**

The district shall not use deep fat frying as a method to prepare food. Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

- **Content from Added Sugars**

The district shall not offer grains (cereals, breads, pastries, cookies, cakes, etc.) with more than 14 grams sugar per ounce in purchased products (natural sugars, such as fruits, are exempt). An exception may be made periodically for a traditional meal treat.

- **Milk Products**

The district shall offer fat-free (skim) and low-fat (1%) milk in single serving sizes at all points of food service. The district will only serve 2% milk at schools that maintain infant daycare centers. Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Both unflavored and flavored milk will be available during the school lunch program.

- **Juice-based Drinks**

100% Pure juice may be available as an additional beverage during the school breakfast time. Other juice-based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. Children who bring sack lunches from home are encouraged to bring 100% fruit juice or water with them instead of consuming heavily sweetened juice drinks and sport drinks.

- **Carbonated beverages**

The district will not make soda pop available to students during the regular instructional day at all schools except high schools. Research has shown carbonated beverages contributes to childhood obesity. It is recommended that soda pop be discouraged during the school day including students bringing lunches or snacks. It is further recommended that adults try to set good examples for students.

All points of Food service will follow federal guidelines regarding sodium content in all food served.

Cross Reference: 8250 Guidelines for Food and Beverages Sold Individually
8260 Vending Machines

Legal Reference: 42 U.S.C. 1751 et seq. National School Lunch Act

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

School Meals

This policy supports the mission of the School District: Providing the environment that cultivates maximum student potential. Nutrition influences a child's development, health, well being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits.

Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices. To encourage the eating of nutritious meals under the National School Breakfast and Lunch Program, competitive food services shall not be permitted to operate anywhere on school premises during or for the period of one (1) hour before and after the lunch period. It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines. Any food sales of an occasional nature must have the prior approval of the principal.

Hot Lunch/Breakfast Program:

- The full meal program will follow the U.S. Government's Nutrition Standards and offer a variety of fruits and vegetables. At least half of the grains served shall be whole grain.
- The meals served will be appealing and attractive to children
- The Child Nutrition Director will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
 - A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).
 - A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis, not to exceed one month.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, District Schools:

- will, to the extent possible, operate the School Breakfast Program;
- will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation in the National School Breakfast Program, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings.

Meal Times and Scheduling

District Schools:

- will provide students with an adequate amount of time (a minimum of 10 minutes) to eat their meal after sitting down;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 am and 1:00 pm;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will consider scheduling lunch periods to follow recess periods (in elementary schools) when appropriate;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

Guidelines for Food and Beverages Sold Individually

The District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, sporting events, etc) healthy food choice options should be available.

Elementary Schools

The school food service program will approve all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. Consideration should be given to the nutritional value and portion size depending on the age level.

Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following Idaho Nutritional Standard Guidelines:

Beverages

- Soda pop will not be made available to students during the regular instructional day at all schools except high schools.
- High energy sports drinks containing more than 50 calories per 8 ounces will not be made available to students to purchase.
- Carbonated Beverages are discouraged during the instructional day

Foods

A food item sold individually:

- The district will not use deep fat frying as a method of preparation for foods sold individually.
- The district shall limit serving pre-fried, flash fried, or par fried items to no more than three times per week on at all points of food service.
- The district shall offer one whole grain item in all points of sale lines at least three times per week.
- The district shall offer at least one fruit and one vegetable at all points of sale lines every service day.
- The district shall not offer grains (cereals, breads, pastries, cookies, cakes, etc) with more than 14 grams sugar per ounce in purchased products (natural sugars, such as fruits, are exempt).
- Limit sodium to 2 mg per calorie in items offered individually.
- The district will not provide any salt shakers or packets available to students.
- The district will not provide any sugar dispensers or packers available to students.
- The district is encouraged to use low-fat condiments and make every effort to control the portion sizes of high fat condiments.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Some suggestions of healthy snacks are:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

If eligible, schools that provide snacks through educationally enriched after-school programs will pursue through the Child Nutrition Department receiving reimbursements by the State Department of Education's After-School Snack Program.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers. Refer to Board Policy 8270 Teacher to Student Incentives

No home-baked items are allowed to be served at any school function or activity. Only store bought, pre-packaged items are allowed.

Fundraising Activities and Concessions

Any fundraising requires administrative approval. To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to promote healthy choices for children related to fundraising

activities supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food and beverages are sold that raise funds for the school include at least some healthy food choices.

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

Vending Machine

After the superintendent's review of existing vending machines, the Board of Trustees has determined that there shall be no installations of vending machines except as approved by the superintendent. In addition the superintendent will have the authority to determine whether such machines may be installed, where they will be placed, what items will be dispensed, and during which hours they might be used. Vending machines are operated as a convenience for students, staff and patrons. All revenue produced from this source shall be deposited in the designated activity fund as approved by the board of trustees. Revenues may be spent only on those purposes for which general revenue may be expended.

Vending Machine Use

1. Elementary Schools: Vending machines shall not be operated in elementary schools in locations available to students.
2. Middle Schools/Junior High Schools: Vending machines may be operated in middle schools/junior high schools. All vending sales shall comply with policies regarding competitive food sales.
3. High Schools: Vending machines may be operated in high schools. All vending sales shall comply with policies regarding competitive food sales.

Vending Machine Nutrition Standards

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

All food sold in vending machines must meet the guidelines of foods sold individually.

- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

Beverages:

All beverages sold in vending machines must meet the guidelines of foods sold individually.

Candy:

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

Cross Reference: 7260 Student Activity Funds
8245 Competitive Food Services

Legal Reference: I.C. § 33-512(4) Governance of Schools
I.C. § 33-705 Activity Funds

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

BOARD POLICY**Code No.: 8270****Series: 8000 NONINSTRUCTIONAL OPERATIONS****Policy History:****Adopted:** June 19, 2007**Revised:****Section Title: Wellness Policy****Title: Teacher to Student Incentive**

Children learn preferences for foods made available to them, including those that are unhealthy. There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over-consumption of foods high in added sugar and fat; and
- It teaches children to eat when they're not hungry as a reward to themselves.

Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are expected to adhere to the District Nutritional Standards.

Guidelines--Alternatives to Using Food as a Reward**Zero-Cost Alternatives**

- Sit by friends
- Read outdoors
- Have extra art time
- Have an extra recess
- Read to a younger class
- Listen to music while working
- Earn play money for privileges
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get "free choice" time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher read a special book to the class
- Watch a video
- Teach the class
- Enjoy class outdoors
- Play a computer game
 - Make deliveries to the office
 - Play a favorite game or puzzle
 - Walk with a teacher during lunch
 - Be a helper in another classroom

Low-Cost Alternatives

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store or movie theater coupon
- Get a set of flash cards printed from a computer
- Receive a "mystery pack (notepad, folder, sports, cards, etc.)